

Goodwin Elementary Announcements & Events

Notices for 9/4/15

- ***Nurse Anne's Nutrition Nuggets Newsletter***
- ***Mansfield Parks & Recreation 2015 Youth Basketball General Information***
- ***Youth Football and Cheerleading Fall Registration Information***
- ***Goodwin PTO Announces Smithsonian Magazine's Museum Day Live! Sept. 26, 2015***

Scroll down to view the notices

Nutrition Nuggets™

Food and Fitness for a Healthy Child

Dorothy Goodwin Elementary School
Ms. Anne Wiant-Rudd, School Nurse

BEST BITES

Math + fitness

Give your child a chance to

combine math practice and exercise with daily

"math breaks." Give directions that include a math problem and a fitness activity. For example, say, "Do $2 + 2$ jumping jacks" or "Do $11 - 2$ cartwheels."

7 8 9

Healthy shopping

When you go to the grocery store, "shop the perimeter" first. The outside aisles are where you'll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he's having trouble waking up early enough, move his bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

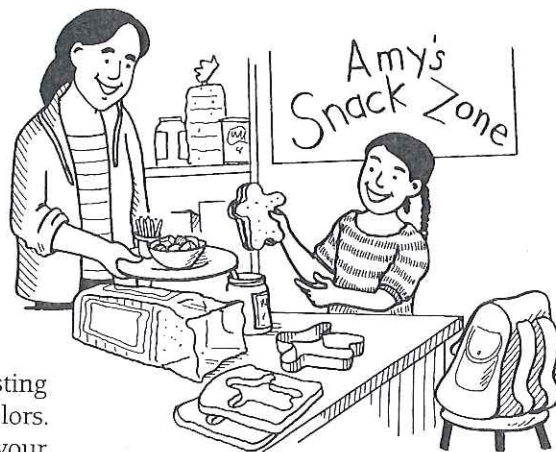
"I'm starving!" When your child bursts through the door after school or day care, she's probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

Build your own

Let your child get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. 🍎

Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth ("I love how you tried to get the rebound"). 🏀



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.



Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. 🍎

2. Discuss what he eats at school. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

Q&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?



A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can

have 15 teaspoons of sugar. Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. 🍊

ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.

Superman

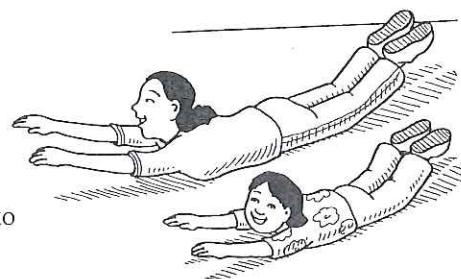
Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. 🎵



IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

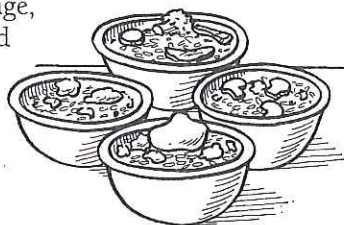
Chicken: Cubed, cooked chicken (use last night’s

leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended).

Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. 🍚

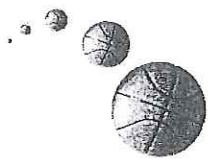


OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630



Mansfield Parks & Recreation
Family, Fitness & Fun!

2015 YOUTH BASKETBALL GENERAL INFORMATION

Mansfield Parks and Recreation Basketball welcomes new and returning players at all level of experience. The program features skill development, sportsmanship, team participation and healthy competition for grades K-8. Practices begin in November with game play held for most divisions December – February. Practice and games schedules determined after teams are formed in November. Volunteer head and assistant coaches are needed for most divisions. All vacant positions are by application. Those interested in coaching or serving as a parent helper (grades K-2) should request an application packet. Coaches must be at least 18 years of age.

Registration Information: Complete and return participant registration form and note registration deadlines. Registration after deadline dates will only be accepted if space is still available and with a \$20.00 late fee per participant. See division mandatory tryout and evaluation dates for grades 3-8.

Registration Deadlines: Travel Division = October 14, 2015 All other divisions = November 2, 2015

(Grades K-1) Little Huskies Division, \$55.00, \$65.00 non-residents. 8 sessions, 12/12-2/13 (no 12/26, 1/2).
#341001-A (9:00am-9:55am) #342001-B 10:00am-10:55am An instructional, co-ed program that introduces the fundamentals of basketball using a variety of fun drills and activities designed to progressively improve skills and general knowledge of the sport. Location: Southeast and Vinton Elementary Schools. Register for 1 of 2 section offerings. Bring own 25.5-27.5 basketball.

(Grade 2) Junior Huskies Division, \$55.00, \$65.00 non-residents. 8 sessions, 12/12-2/13 (no 12/26, 1/2).
#341002-A (11:15-12:30), #341002-B (12:45-2:00). Fundamental basketball skill development and modified (3V3, 4V4) co-ed teams modified game play in a supportive environment. Staff will provide a combination of instructional drills and games. "Game schedule" implemented the last portion of the season. Saturday mornings and early afternoons. Register for 1 of 2 sections.

(Grades 3 & 4) Instructional Division, Begins with November evaluation and concludes in late February.
\$65.00, \$75.00 non-residents, #341005-A (girls) #341006-A (boys). Separate teams for boys and girls will be formed after the mandatory division player evaluation day with the objective to keep teams fair and balanced. All participants will be placed on a team and with equal playing time. Requests for specific coaches, teammates or carpools are not accepted. Practices and games are used for opportunities of fundamental skill development in an encouraging and supportive environment. Coaches and officials will instruct play as needed to help players learn rules, develop good sportsmanship, and allow for healthy competition. Practices are 1-2 weeknights and games are held (primarily) on Saturdays and include traveling to local towns.

Grades 5 & 6 and Grades 7 & 8 Program Options. Begins with October (Comp) or November (Rec) evaluation and concludes in late February. See registration numbers on evaluation date page. Players in grades 5 & 6 and 7 & 8 have two options for play. Participate in the Junior (grades 5 & 6), Intermediate (grades 7 & 8) division OR tryout out for limited space on a competitive/travel team.

Junior/Intermediate teams \$80.00, \$90.00 non-residents. Teams formed after the mandatory division player evaluation day with the objective to keep teams fair and balanced. All participants will be placed on a team and with equal playing time. Requests for specific coaches or teammates are not accepted. Practices and games are used for opportunities of fundamental skill development and healthy competition in an encouraging and supportive environment. Practices are 1-2 weeknights and (primarily) Saturday games including traveling to local towns. The season ends with a Basketball Jamboree in late February.

Competitive/Travel teams \$175.00 (residents only). This program requires an increased commitment to practices and game play. Grades are a combine 5&6 and 7&8 unless there are sufficient numbers players per grade to create same grade teams. Players are expected to consistently attend practices and participate in more rigorous game preparation and game play. The season typically begins with tryouts in October and concludes with tournament play in early March. While emphasis is still on progressive skill development and good sportsmanship, teams are limited to 8-10 players and placement must be earned each season by attending a mandatory tryout and being selected for a team. Team selection is determined by Mansfield Parks and Recreation staff along with coaches. Regardless of a previous year team placement all players are required to attend at least one of the scheduled tryout dates to be considered for teams. Special requests for alternate tryout dates (i.e. Educational Exchange Program) must be made prior to registration deadline date. Parks and Recreation staff will make decisions on any special request. This division includes participation in the Power Pac Conference and limited non-league play. Information on the PPC visit ppc.mptn-nsn.gov.

Grades 3-8 Recreation & Grades 5-8 Competitive/Travel Division

Mandatory Player Evaluations & Tryouts

Registration Deadlines: Travel Division = October 14, 2015 All other divisions = November 2, 2015

Late fee is \$20.00 per participant and only if space is available

Division	Day	Date	Time	Location
Grades 5&6 Girls Travel Tryouts	Tue	Oct. 20	5:45-7:15pm	Mansfield Middle School
(Registration #: 343014-A)	Thu	Oct. 22	5:45-7:15pm	Mansfield Middle School
*Must attend at least one tryout date *Attendance on both dates are encouraged *No registrations taken at the gym*				
Grades 7&8 Girls Travel Tryouts	Tue	Oct. 20	7:30-9pm	Mansfield Middle School
(Registration #: 343016-A)	Thu	Oct. 22	7:30-9pm	Mansfield Middle School
*Must attend at least one tryout date *Attendance on both dates are encouraged *No registrations taken at the gym*				
Grades 5&6 Boys Travel Tryouts	Thu	Oct. 15	5:45-7:15pm	Mansfield Middle School
(Registration #: 343010-A)	Wed	Oct. 21	5:45-7:15pm	Mansfield Middle School
Must attend at least one tryout date *Attendance on both dates are encouraged *No registrations taken at the gym*				
Grades 7&8 Boys Travel Tryouts	Thu	Oct. 15	7:30-9pm	Mansfield Middle School
(Registration #: 343012-A)	Wed	Oct. 21	7:30-9pm	Mansfield Middle School
*Must attend at least one tryout date *Attendance on both dates are encouraged * No registrations taken at the gym*				
Gr. 5&6 Boys Instructional Evals.	Mon	Nov. 9	5:45-7:15	Mansfield Middle School
(Registration #: 342003-A) <u>AND</u>	Sun	Nov 15	12:00-1:00	Mansfield Middle School
*Must attend both dates *No registrations taken at the gym*				
Gr. 5&6 Girls Instructional Evals.	Sat	Nov 14	12:45-2:00pm	Mansfield Middle School
(Registration #: 342002-A)	*One date only * No registrations taken at the gym*			
Gr. 7&8 Girls Instructional Evals.	Sat	Nov. 14	12:45-2:00pm	Mansfield Middle School
(Registration #: 342004-A)	*One date only *Must be pre-registered * No registrations taken at the gym*			
Gr. 7&8 Boys Instructional Evals.	Mon	Nov. 9	7:30-8:45	Mansfield Middle School
(Registration #: 342003-A) <u>AND</u>	Sun	Nov. 15	1:30-2:30	Mansfield Middle School
*Must attend both dates *No registrations taken at the gym*				
Gr. 3&4 Boys Instructional Evals.	Sat	Nov. 14	9-10:30am	Mansfield Middle School
(Registration #: 341006-A)	*One date only *Must be pre-registered * No registrations taken at the gym*			
Gr. 3&4 Girls Instructional Evals.	Sat	Nov. 14	10:45-11:45am	Mansfield Middle School
(Registration #: 341005-A)	*One date only * No registrations taken at the gym*			



Mansfield Parks & Recreation

Family, Fitness & Fun!

"Yes, I Want to Coach" **2015 Basketball Program** **Return this form with registration**

* Return form with player registration or submit information to OKeefeJM@Mansfieldct.org

Your Name: _____

Do you have child that is participating (if yes, list name): _____

Address: _____

Best phone contact number: _____ Email: _____

Please indicate the level of commitment you are interested in

K-2 instructors (to assist P&R instructional staff)

____ K

____ Grades 1-2

Grades 3-8

Check Recreation and/or Travel Division (only grades 5-8 have a travel/competitive division)

____ Recreation Division

____ Travel Division

	<u>Grade</u>			<u>Gender</u>	
____ Head Coach	3/4	5/6	7/8	M	F
____ Assistant Coach	3/4	5/6	7/8	M	F

MANDATORY COACHES MEETING DATE INFORMATION BELOW

Coaching is more than knowing the game. The ability to teach age appropriate athletic skills is equally as important as being aware of the psychological and emotional needs of children while participating in sports. Those interested in coaching please complete and return the above information and you will be mailed a detailed coaches application packet. Applications will also be available in the youth sports section at www.mansfieldcc.com. All approved coaches must complete (on-line) NYSCA coaches' certification, concussion awareness training, a background check and attend the pre-season coaches meetings on Sunday, November 1. Questions? OKeefejm@mansfieldct.org or 860-429-3015, 6104.

Coaches Meetings Sunday November 1, 5:00-7:00pm

Mansfield Community Center, 10 South Eagleville Road, Mansfield/Storrs

- Meeting will cover information regarding league organization, procedures and policies, safety, team selection process and division/grade curriculum for grades 3-8. Parent helpers in grades K-2 need not to attend this meeting.

PLEASE PRINT CLEARLY! (on line is available at www.mansfieldcc.com)

MAIL TO: Mansfield Parks & Recreation Department
10 South Eagleville Road, Storrs/Mansfield CT 06268

Primary Household Contact/Parent/Guardian		Secondary Household Contact (Parent/Guardian)	
Name:		Name:	
Address:			
Town:	Zip		
Phone: (H)	(W)	Phone: (H)	(W)
(Cell)		(Cell)	
Email Address:		Email Address:	

LOCAL Emergency Contact (Other than parent/guardian, i.e., grandparent, neighbor, etc.)

Name:	Phone:
-------	--------

Activity # /Letters	Activity Name	Participant's Last Name	First Name	Birth Date	Gender	Fee
Contribution to Scholarship Fund						
TOTAL:						

☐ please Check here if you have purchased a Community Center Membership.

Some Mansfield residents may be eligible for low-income fee reductions. Check with the Parks & Recreation Office for more information and an application

Also fill details below for each participant:

	Grade (if child)	School (if child)	Allergies, Special Asst., Meds, Other Info:
1.			
2.			
3.			
4.			

PAYMENT INFORMATION: Please make checks payable to: Town of Mansfield

Payment method: Check _____ Cash (in office only) _____ AMEX/DS/MC/Visa (in office only) _____
(separate checks required for each program)

Credit Cards accepted on line and in person only

WAIVER OF PARTICIPANT BY PARENT OR SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants. **PHOTO RELEASE:** I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engages in the above listed recreational activities.

Signature _____

Date _____

Youth Football and Cheerleading

Fall registration now open

Ages 4-13

Flag Football and Cheer for ages 3-6

For More Info Call: 860-982-9508

Or visit www.coventryyouthfootball.com



Youth Football and Cheerleading

Fall registration now open

Ages 6-13

Flag Football and Cheer for ages 3-6

For More Info Call: 860-982-9508

Or visit www.coventryyouthfootball.com



Free Days Out!



FREE ADMISSION AT PARTICIPATING VENUES WITH TICKET
SATURDAY | SEPTEMBER 26, 2015

The Museum Day Live! ticket provides free admission for two people.

In the spirit of the Smithsonian Museums, which offer free admission every day, Museum Day Live! is an annual event hosted by *Smithsonian magazine* in which participating museums across the country open their doors to anyone presenting a Museum Day Live! ticket... for free.

<http://www.smithsonianmag.com/museumday/venues/>

There are lots of places to see in Connecticut!

Read about some of the participating museums at:

<http://www.smithsonianmag.com/tag/museum-day/>

4th Graders only: Get your family free entry to National Parks for the whole year!



Sign up at: <https://www.everykidinapark.gov/>